

Date: 3 April 2020 (Week 10)

### *How to talk to kids about coronavirus and guide your family through it.*

News of the coronavirus COVID-19 is everywhere and we've all been impacted by it. As parents, you might be anxious, scared and stressed out about the future and what's going to happen. In this special episode, Maggie will talk about ideas on what you can do to reduce the stress in your home.

Simply click and **listen to this 19 mins Podcast** [Parental As Anything](#)



### Screen time – how much is too much?

Experts say Australian children spend a third of their day in front of a screen. How about yours? Have you ever thought about its benefits or any harms? How much is too much? And how do we deal with a techno tantrum? Digital wellbeing expert Dr. Kristy Goodwin will talk about how we can best raise our kids in the digital age.

Simply click and listen to this 37 mins Podcast [Parental As Anything](#).



### FLU Vaccines

The Australian Government recommends everyone aged six months and over get immunised against seasonal flu. In order to achieve the highest level of protection during peak flu season, the Department of Health recommends people get vaccinated from **mid-April**.

- **Visit** local GP, pharmacies, community health clinics
- **How much?: Free** for Children aged 6 months – 5 years, Pregnant women and People aged 65 years and over. For those who are not eligible, the cost varies from between \$10 - \$20.

Get the **FLU**  **SHOT** not the flu!

**Did you know** you might be eligible for the Government stimulus package? Here is the link what it actually means for your wallet and Centrelink benefits. Click [here](#).

[Here](#) is tips to reduce household expenses as well as ways to save energy at home.



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